

# Cook Chill

A simple guide...  
for any size operation

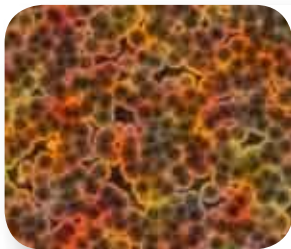




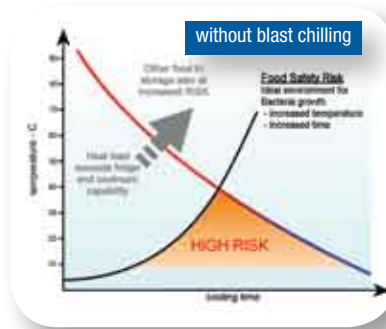
# Putting the Chill in Cook-Chill

## ● HACCP

**Food safety** is of utmost importance in all cook-chill systems. Almost all food is clear of potentially **harmful bacteria** when it has been cooked correctly. Bacteria will begin to **feed and multiply** on cooked food as it then cools down. The **faster** cooked food passes through this critical zone from hot to cold, the less chance there will be of bacteria growth.

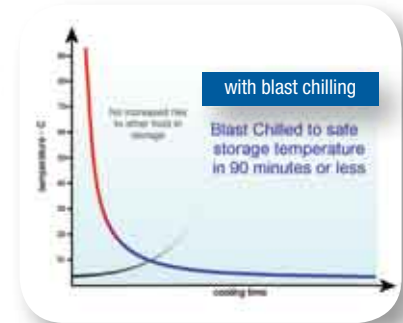


Unchecked, bacteria growth doubles every 20 minutes; in 12 hours, one bacterium has multiplied into 69 billion!



Fridges and coldrooms are designed for **holding** previously chilled food, **not chilling** hot food. To put hot food in a fridge or coldroom already holding chilled food is **extremely dangerous**. The temperature of the fridge will rise, **lifting the temperature of previously chilled food** and risking bacterial **contamination of all stock** in the fridge.

The only way to rapidly chill cooked food **safely** is by using a blast chiller. A capable blast chiller must be able to pull down the temperature of hot food from **90°C to 3°C in 90 minutes** or less.



## ● Arrest the cooking process



One of the most important aspects of the cook chill process is to **arrest the cooking cycle** using a powerful blast chiller. Once the food is cooked

to perfection you don't want it to continue cooking when removed from the oven.

A blast chiller stops the food from cooking further, retaining the required food quality, nutritional value, flavour and appearance.

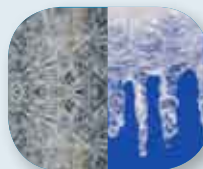
## ● Extend product life

By rapidly reducing the temperature of the food to 3 degrees you will be able to store the product **ready for regeneration** and service for up to **five days**.

## ● Shock freeze

By rapidly reducing the temperature of the food from 90°C to -18°C, liquids present in the product are transformed into **micro-crystals**, to ensure the food does not lose its consistency and integrity. This enables you to store the product ready for thaw, **regeneration and service for up to several months**.

Microcrystals:  
finer is better.  
Rapid freezing retains  
food integrity



Williams' extensive range of powerful blast chillers and freezers are designed to meet the needs of any caterer, large or small, with capacities from 10kg Reach-in cabinets to 320kg Modular Roll-ins designed to meet the latest HACCP and Food Safety legislation.



## Cook Chill... the key to increased productivity, whatever the size of your business

### ● A La Carte

With **only two kitchen assistants** you can prepare **up to 150 meals** – no stress, no rush. Only with a cook chill system is this possible. The food on your set menu is prepared at leisure, blast chilled, stored and ready for regeneration. At the point of serving the meal is plated and the finishing treatment is given by raising the serving temperature, sauce, garnish and serve. Its that simple!

### ● Banqueting

Can you imagine **servicing 4,500 meals** all with the same superb consistent quality **in under 20 minutes!** Only with a cook chill and banqueting system is this possible. Set courses are prepared at leisure, blast chilled, plated, stored and ready for

regeneration. At the point of serving the finishing treatment is given by raising the serving temperature, sauce, garnish and serve. Its that simple! Results are **consistent from the first plate to the last**, every time....

### ● Off-Site Catering

Fresh cooking is usually associated with keeping food warm in a holding or display cabinet. Keeping food warm for extended periods results in loss of quality. A cook chill system does away with the need to keep the food warm for extended periods no matter where you are serving. Bulk cook-chill product is delivered to site, plated cold and **in under 8 minutes per batch it's ready** to garnish and serve. Off site catering has never been easier!

### ● Bakery

Your patrons will delight at the **aroma of freshly baked rolls**, cakes, muffins, tarts and much more! With a cook freeze system you can save yourself time and money. Pre prepared doughs are "shock frozen" and stored. Shock freezing ensures the product **microcrystalises**, so when it is defrosted it is **consistent with being freshly made**. Product is thawed, then baked to perfection! You control the process from beginning to end. Perfect for A La Carte, Banqueting and Off-Site catering.

## The simplicity of Cook Chill

1. COOK



2. CHILL



3. STORE



4. REGENERATION & SERVICE





# The flexibility of Cook Chill





# What is Cook Chill?

Cook-Chill is a simple, controlled system of advanced food preparation designed to provide more **flexibility** and ensure **food safety** in foodservice. The technique involves the preparation and cooking of food, followed by **rapid chilling** and **storage at controlled temperatures** (for up to **five days**). When required, the food (if to be served hot) must be **regenerated** before service.

Cook-Chill/Cook-Freeze Systems not only ensure food safety but have the added benefit of **not reducing food quality**, nutritional value, flavour or appearance. Installing a Cook-Chill/Freeze System also offers the caterer added flexibility and management control – and of course **profitability**.



## Benefits of Cook Chill

- Ensure your kitchen produces **safe food**, and meets HACCP requirements. Food poisoning and **litigation**?... Don't risk it!
- Improve **productivity** through increased **efficiency**, reduced **wastage**, **expanded menu options** and higher **meal turnover**.
- Suitable for **any size** catering operation.
- As a direct result businesses can enjoy **greater profitability** – in many cases up to 30%.
- **Free up the hours in your life!** With a cook chill system you can pre-prepare bulk foods in normal business hours. Kitchen hands **regenerate product** at the touch of a button, garnish and serve.
- **Set menu, A La Carte and Banqueting** have never been easier.
- A cook chill system will give you **consistent results** every time from the first plate to the last!



## Save costs and earn more on each meal

**Example:** Average company restaurant serving 200 meals per day with two **SelfCooking Center® 101** units

\* Compared with conventional cooking method  
\*\* Compound calculation based on hourly rate for chefs/cleaning staff

Note: Saving calculations are typical only and will depend on specific applications.

	Your profit	Amount budgeted	Your extra earnings
<b>Waste</b>	100% served and charged. No wasted portions or servings with Cook Chill process	Typical savings of 1 in 5 covers. Equivalent Product input wasted without Cook Chill: \$1,600/month	<b>= \$1,600 per month</b>
<b>Meat</b>	Significantly less cooking shrinkage means 22%* less spent on raw materials	Conventional product input: \$ 8,000/month. Product input with SelfCooking Center®: \$6,240/month.	<b>= \$1760 per month</b>
<b>Fat</b>	Virtually unnecessary Your purchase costs cut by up to 95% *	Conventional product input: \$100/month. Product input with SelfCooking Center® \$5/month.	<b>= \$95 per month</b>
<b>Energy</b>	Thanks to modern control technology, consumption down 60% (\$0.17 per kWh)	Consumption: Conventional 6,300 kWh = \$1,071 /month. With SelfCooking Center® 2,520 kWh = \$ 428/month.	<b>= \$642 per month</b>
<b>Working Hours</b>	Profits from pre-production, unsupervised overnight cooking, CleanJet® etc.	150min/day = 50 hrs/month x hourly rate \$10 **	<b>= \$500 per month</b>

**Per month = \$4,597**  
**Per year = \$55,164**



# Cook Chill Equipment Guide

Want to get started?

Here's the most popular equipment for Cook-Chill, along with the suggested covers each solution is capable of.

Please note the ovens need to undergo a number of cycles to serve all covers.

Number of Covers	Rational Combi Ovens	Williams Blast Chillers and Chiller Freezers	Williams Storage	Trolley System
				
<b>30-50 Covers</b>	6 Tray SCC61*	WBCF20 6 tray	1 x Gastronorm Refrigerator/Freezer	
<b>50-100 Covers</b>	10 Tray SCC101*	WBCF40 10 tray	1 x Gastronorm Refrigerator/Freezer	
<b>100-200 Covers</b>	20 X 1/1 Trays SCC201*	WMBC90 2/1GN or Combi	Coldroom	2/1GN or Combi Roll-In Trolley
<b>200-500 Covers</b>	20 X 2/1 Trays SCC202*	WMBC160 2/1GN or Combi	Coldroom	2/1GN or Combi Roll-In Trolley
<b>500+ Covers</b>	2 X 20 X 2/1 Two x SCC202*	2 X WMBC160 2/1GN or Combi	Coldroom	2/1GN or Combi Roll-In Trolley

Please note these are approximate numbers. For detailed information on Cook-Chill products for your operation please contact your local Comcater or Williams dealer.

\* SCC = Rational SelfCooking Center®

In Summary - Using a Cook-Chill system will save you and your organisation time, money and make your operations more effective and efficient...

- ✓ **Can be used by any foodservice operation, large or small.**
- ✓ **Makes compliance with latest HACCP and Food Safety Legislation simple.**
- ✓ **Cook Chill is simple to implement and operate.**
- ✓ **Saves time, enables menu expansion and increases efficiencies.**
- ✓ **Reduces food wastage – increases profitability.**
- ✓ **Quite simply – will streamline your business and boost profitability.**

For more information on how Comcater and Williams Cook-Chill KNOW-HOW can help your business, call now or visit our websites.



Williams Refrigeration Australia Pty Ltd

FreeCall 1800 338 148  
[sales@williamsref.com.au](mailto:sales@williamsref.com.au)  
[www.williamsref.com.au](http://www.williamsref.com.au)



Comcater Pty Ltd

FreeCall 1800 035 327  
[sales@comcater.com.au](mailto:sales@comcater.com.au)  
[www.comcater.com.au](http://www.comcater.com.au)